

Taking a good picture of yourself

You will need:

- Your phone, in front-facing video mode (Cinematic mode if using iPhone)
- A quiet place that doesn't echo and where you can be clearly heard
- A well-lit place, that doesn't have strong light behind you

What to do:

- Hold your phone in portrait, at arm's length so there is a little bit of space around your head (but not too much ceiling or wall, as demonstrated below)
- Position your phone so it is slightly higher than eye level, as demonstrated below



Remember to share images with the Natural Hazards Australia Research communications team!

For more information or advice, visit www.naturalhazards.com.au or contact Natural Hazards Research Australia's communications team:

- Joanna Wood: joanna.wood@naturalhazards.com.au
- Lina Wood: lina.wood@naturalhazards.com.au
- Oscar Parry: oscar.parry@naturalhazards.com.au